

Peer Assessment

Basic Massage

Preparation for Practical Block 2

Assessment of: _____

Date: / /

Assessment by: _____

JUDGEMENT	☑ ☒
<u>Preparing for massage practice</u>	
Massage table or chair is clean before use. It is wiped down before and after massage using an appropriate vinyl cleaner.	
Sheets, towels and pillowcases are clean in appearance, smell and to the touch.	
Practitioner uses a table of appropriate height and positioning or adjusts the table height and/or positioning to ensure the <ul style="list-style-type: none"> • Comfort and safety of the practitioner • Practitioner is able to apply massage techniques effectively 	
The table/chair is well draped	
Client is screened for allergies before lubricants are chosen. Lubricants are not chosen which clients are allergic to.	
Lubricants are selected according to client preferences and/or the effects sought from the massage.	
Lubricants are dispensed in a hygienic manner from appropriate dispensers <ul style="list-style-type: none"> • oils from plastic squeeze or pump bottles • waxes from a pottle using plastic or wooden scooper • creams and gels from a tube or from a pottle using plastic or wooden scooper • lotions from plastic squeeze or pump bottles. 	
Practitioner cleans their hands before the massage	
<u>During massage practice</u>	
Practitioner selects pillows and bolsters that will support the client's body as needed & help to ensure maximum comfort for the client	
Only the part of the client's body being massaged is exposed, leaving the rest of the body covered to ensure the client's privacy, modesty and dignity	
The use of an appropriate lubricant in an appropriate amount (not to much – not too little) allows the candidate to apply massage techniques effectively.	
Pressure is maintained at a good level (feedback – more/less?)	
Massage strokes are applied with a good rhythm	
<u>Post-massage</u>	
Client instructed how to get off the table safely including sitting on side of the table for a period after the massage to compensate for light-headedness	
Used drapes are kept separated from clean drapes	

Self Assessment

While performing massage at this stage of the course pay attention to

- Your preparation of the massage environment
- Your massage rhythm
- Your body mechanics

Feedback

Providing accurate feedback to your classmates is the best way to help them achieve success in their final exams.

Peer Assessor (sign here):_____